





# Vacation, All I Ever Wanted!

Taught by the Healthy@Harris  
Employee Wellness Team

**HARRISHEALTH SYSTEM**

# FY23 Premium Rewards Program

Active Employees September 1, 2020 through April 30, 2021

## Deadline: August 31, 2021

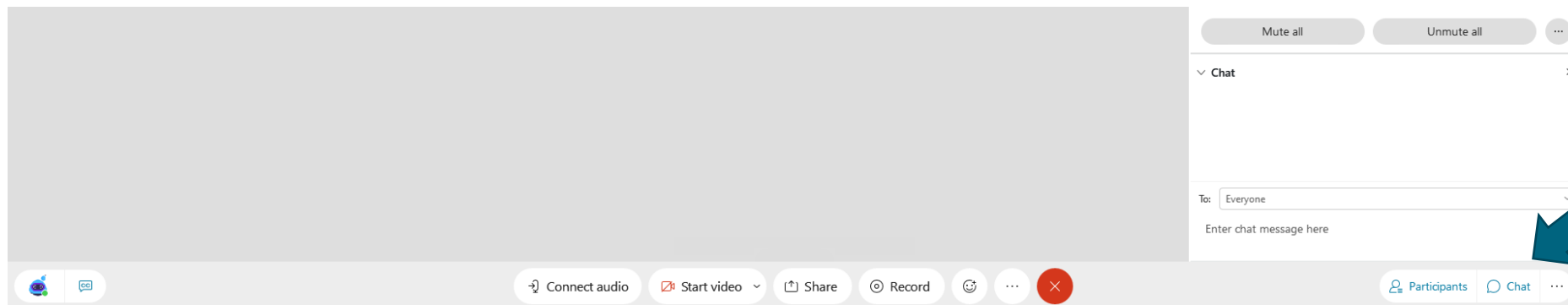
Follow these steps to be eligible for \$100 per month in premium rewards. Premium rewards are effective March 1, 2022 through February 28, 2023.

- **Step 1:** Complete the MyCigna online Health Assessment (250 Premium Points)
  - **Step 2:** Complete an Annual Physical with Lab Values (250 Premium Points)
  - **Step 3:** Earn at least 500 additional points through programs and activities (1,000 total Premium Points)
- 
- If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program by August 31, 2021 to be eligible for the full premium rewards.

Visit [www.mycigna.com](http://www.mycigna.com) to view your premium rewards status.

# Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



# Healthy@Harris Employee Wellness Team



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# Learning Objectives

- Importance
- Health Benefits of Vacationing
- Preparing for Your Trip
- Types of Vacations
- Traveling on a Budget
- Resources

# Take a Break – It's Important!



# Health Benefits of Vacationing

- Happier mood
- Productivity increases
- Physical health increases
- Improved mental health
- Better overall wellbeing



# Preparing for Your Trip

- So, what's the plan?
- What's your budget?
- How many days are you taking off?
- Who is coming with you?



# Staycation

Healthy@Harris Employee Wellness  
EmployeeWellness@harrishealth.org 346-426-1597

## Where else can I “staycay”?

- **Kemah Boardwalk** (Kemah, TX)
- **San Antonio Riverwalk** (San Antonio, TX)
- **Moody Gardens** (Galveston, TX)
- **Schlitterbahn Water Park** (New Braunfels, TX)
- **Kalahari Resort** (Round Rock, TX)





# Road Trip

Healthy@Harris Employee Wellness  
EmployeeWellness@harrishealth.org 346-426-1597

## Fun places to stop on the road...

- **Texas Eiffel Tower** (Paris, Texas)
- **NASA Johnson Space Center** (Houston, TX)
- **Dinosaur Valley State Park** (Glen Rose, TX)
- **Waco Mammoth National Monument** (Waco, TX)
- **Gruene Historic District** (New Braunfels, TX)



# Domestic & International Trips



# CDC Domestic Travel Recommendations

## CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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# CDC International Travel Recommendations

## CORONAVIRUS DISEASE 2019 (COVID-19)

International Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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# Traveling on a Budget

- Payment Plans – Kayak, Bookit.com
- Look for discounts!
- Got friends?

A vibrant tropical beach scene. The foreground is dominated by a large, leaning palm tree with its shadow cast on the white sand. The water is a clear, bright turquoise, meeting a bright blue sky with scattered white clouds. In the distance, a small boat is visible on the horizon. A person is walking on the beach near the water's edge. To the right, there are lounge chairs and a thatched umbrella.

We've arrived! Now, let's go to the beach!

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# Resources

## Resources

- [Rizostravel.com](https://www.rizostravel.com)
- [When a Vacation Reduces Stress — And When It Doesn't \(hbr.org\)](https://hbr.org)
- [Why Vacation is Good for Health and Happiness | Time](https://time.com)
- [2013 Vacation Deprivation study | Expedia Viewfinder](https://www.expedia.com)
- [www.allianthealth.org](https://www.allianthealth.org)
- [Study: Frequent travel makes people 7% happier, planning trips Covid \(cnbc.com\)](https://cnbc.com)
- Gump BB, Matthews KA. Are vacations good for your health? The 9-year mortality experience after the multiple risk factor intervention trial. *Psychosom Med.* 2000 Sep-Oct;62(5):608-12. doi: 10.1097/00006842-200009000-00003. PMID: 11020089.
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

## Stress Management and Counseling

- Employee Assistance Program
  - Online: [www.feieap.com](https://www.feieap.com)
  - Username: hhs
- Cigna Behavioral Health
  - Visit [myCigna.com](https://mycigna.com) or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at 800.274.7603.
  - Go to [Cignabehavioral.com](https://cignabehavioral.com) for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
  - 713-873-6407 or [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

[Visit our website!](#)



#6 in America



#1 in Texas

